



## BREAKFAST ESSAY

Breakfast is good for you because it keeps you going through the day. It helps your mind think and concentrate. Breakfast is good nutrition for your soul. Breakfast is like filling your car with gas in the morning. To me, breakfast is the most important part of the day.

Without breakfast, I would go crazy.

Breakfast is eaten all over the world children and adults all ages and all races. Breakfast gives me energy that I need for the day.

Food that is eaten at breakfast is: eggs, bacon, cereal, toast, grapes, apples, oranges, mangoes, tomatoes, ham, sausages, applesauce, grits, oatmeal, hash browns, biscuits and cream of wheat. Farmers grow plants like grain, wheat, fruit trees and vegetables so we can have breakfast. You can have/eat breakfast at a lot of places. For example: Denny's, I-HOP, M.E. Swings, AU BON PAIN, at home and at some local churches. At some churches, they cook food for the homeless. Volunteers come out to help the churches serve food to the homeless.

Breakfast is the only course that you can eat at any time of the day. You can not eat lunch, dinner or desert at any time of the day. Eating cheese cake or meatloaf for breakfast would most likely make you sick. Breakfast can be eaten on the go when you are going anywhere. They have breakfast bars for toddlers, granola bars are for kids and teens. Also, the adults can eat granola bars; also they have nutrition bars for adults.

That is why breakfast is good and important for everyone, all ages.

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